



# Spelthorne Parkies Support Group

## Dates for the Diary!

For further information about the Group, please contact Jason Lane on 07793 351208 or email [spelthorneparkies@outlook.com](mailto:spelthorneparkies@outlook.com)

Jan-26				
Day	Date	Activity	Time	Location
Monday	05-Jan	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	07-Jan	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	09-Jan	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	12-Jan	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	13-Jan	Fitness Session (With Rory)	11:30 - 12:30	<b>CANCELLED</b>
Wednesday	14-Jan	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	17-Jan	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	19-Jan	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	21-Jan	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	23-Jan	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	26-Jan	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	27-Jan	Fitness Session (With Rory)	11:30 - 12:30	<b>CANCELLED</b>

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# Spelthorne Parkies

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Wednesday	28-Jan	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	28-Jan	<b>SPINATHON (Charity Event)</b>	08:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

Feb-26				
Day	Date	Activity	Time	Location
Monday	02-Feb	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	04-Feb	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	05-Feb	Parkies Pub Gathering	18:00 -19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Friday	06-Feb	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	07-Feb	Move to Music	14:00 - 15:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	09-Feb	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	10-Feb	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	11-Feb	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	16-Feb	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	18-Feb	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 -13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

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# Spelthorne Parkies

## Support Group

Friday	20-Feb	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	21-Feb	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	23-Feb	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	24-Feb	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	25-Feb	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

### Mar-26

Day	Date	Activity	Time	Location
Monday	02-Mar	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	04-Mar	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	05-Mar	Parkies Pub Gathering	18:00 - 19:30	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Friday	06-Mar	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	09-Mar	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	10-Mar	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	11-Mar	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	16-Mar	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

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# Spelthorne Parkies Support Group

Wednesday	18-Mar	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	20-Mar	Fitness Session (With Michelle)	19:00 - 20:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	21-Mar	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Monday	23-Mar	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	24-Mar	Fitness Session (With Rory)	11:30 - 12:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	25-Mar	Active Health - AQUA**	09:00 - 10:00	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
		Pilates (Chaired based) with Michelle**	13:00 - 13:45	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ
Monday	30-Mar	SpeedFlex Fitness Session with Anna**	13:00 - 13:30	Eclipse Leisure Centre, Knowle Green, Staines TW18 1AJ

**\*\*Places Leisure Centre offer a Exercise Referral programme. This is the ideal opportunity to introduce physical activity to individuals with long-term health conditions in a safe and welcoming environment, enhance their overall health and well-being, and provide a foundation for long-term behaviour change.**

**Referrals can be made via your GP or a health professional (Parkinson's Nurses) via Places Leisure website.**

**Some of the classes marked above will be chargeable by the Leisure Centre either with a Health community Membership or Pay as you go.**

**For more details, please contact Eclipse - 01784 493493**

**Email: [enquiries@eclipse@pfpleisure.org](mailto:enquiries@eclipse@pfpleisure.org)**



# Spelthorne Parkies Support Group

## Healthy Communities Class Timetable



Active Health - Circuits  
Monday 12:00-13:00 - Eclipse  
Friday 12:00-13:00 - Eclipse

Active Health - Speedflex  
Monday 13:00-13:30 - Eclipse

Active Health - Hearts  
Tuesday 11:45-12:45 - Eclipse

Active Health - Pulmonary  
Tuesday 14:00-15:00 - Eclipse  
Thursday 14:00-15:00 - Eclipse

Active Health - Aqua  
Wednesday 09:00-10:00 - Eclipse  
Thursday 13:30-14:30 - Sunbury

Strength and Balance

Wednesday 12:00-13:00 - Eclipse

Friday 10:15-11:15 - Eclipse

Parkinsons Move and Shout  
Wednesday 13:00-13:45 - Eclipse

Women's Walks  
Tuesday 09:15-10:00 - Eclipse

Drop In Gym  
Wednesday 15:15-16:00 - Eclipse  
Thursday 12:15-12:45 - Sunbury  
Saturday 14:00-15:00 - Eclipse

Session prices will vary depending on which referral pathway is chosen. Independent gym and swim sessions are also available to attend.